* You must receive written permission from all parties before posting works.
* Know the restrictions! Being Ignorant does not make you Innocent.
* Do not use defamation, neither Libel nor Slander. Your only defense is truth which is hard to prove.
* Know the difference between public and private reporting.
* Know the laws that protect you such as Section 230, EFF and SLAPP(and anti-SLAPP)
* No website has different rules for posting whether it is your own personal page or the president is reading it they have the same rules.
* Copyrighting is common in podcasting and you may do it without realizing. Just make sure everything you do is original and check before you post.
* If you have products, people, trademarks or any material in your podcast that you do not own contract to you need written permission to use them.
* Although it may be your opinion you may not have a right to it through blogging or podcasting.
* With all the things you must do it is also beneficial to know the five areas you do not need permission for. (<http://wiki.creativecommons.org/Podcasting_Legal_Guide>)